



# Evidence-based Programs



# Why shift approach?



- The President has made it clear that policy decisions should be driven by evidence
  - Evidence about what works and what does not
  - Evidence that identifies the greatest needs and opportunities to solve great challenges
- Instilling a culture of learning will build knowledge so that spending decisions more often yield the highest social returns on carefully targeted investments

<https://www.whitehouse.gov/sites/default/files/omb/budget/fy2015/assets/management.pdf>

# Evidence-based Programs

- Are designed based on a specific set of assumptions, or theory of change, and undergo rigorous scientific evaluation.
- Use evaluation results to establish causal impact of program on beneficiaries

<https://www.whitehouse.gov/sites/default/files/omb/budget/fy2015/assets/management.pdf>

# Evidence-based Programs

- Programs:
  - Include specific implementation procedures
  - Often are accompanied by manuals
  - Have explicit costs

# Implementation Considerations

## Potential Benefits of Evidence-based Programs

- Proven model more likely to work
- Easy to use and replicate
- Greater opportunity to secure funding from a variety of sources
- Efficient use of limited resources

# Implementation Considerations

## Careful Considerations

- Limited adaptability
- Cost
- May require significant planning to replicate

# Example



## Academic Achievement Program

- Five 30-minute lessons that cover one of five specific themes
- Sessions conducted with a group of four to six elementary school students
- Service activities occurring in a separate classroom during the school day
- Service activities being delivered in a specific sequence of stages

## Essential Components

- Time & Topics
- Student Age & Group Size
- Designated Location
- Specific Service Delivery Plan

# Fidelity



- Fidelity refers to implementing an evidence-based program according to its original, tested design

# Implementing an Evidence-based Program

- **Identifying your community's needs** to determine the type of program that will be most appropriate
- **Assessing your organizational capacity** including financial resources, organizational commitment, and community buy-in to determine your ability to implement a program with fidelity
- **Searching program registries** to select a program that matches your community needs, your organization's available resources, and available programs
- **Understanding program fidelity and program adaptation**

[http://www.nrepp.samhsa.gov/courses/Implementations/resources/imp\\_course.pdf](http://www.nrepp.samhsa.gov/courses/Implementations/resources/imp_course.pdf)

# Incorporating Evidence-based Programs

Two ways:

- An organization can conduct a rigorous evaluation of its own project design to establish an evidence basis for its program

*Or –*

- An organization can identify and implement a packaged evidence-based program

# New Provisions



- Year 1: For every \$1,250 in annual base federal funding, at least one unduplicated RSVP volunteer must be placed in work plans that:
  - Result in National Performance Measure outcomes in a combination of any of the focus areas and/or Capacity Building Measures; or
  - Engage volunteers in an evidence-based program that results in a National Performance Measure output in health education programming. (Evidence-based, see Appendix C)

# New Provisions Cont'd.

- Year 2 and 3: For every \$1,000 in annual base federal funding, at least one unduplicated RSVP volunteer must be placed in work plans that:
  - Result in National Performance Measure outcomes in a combination of any of the focus areas and/or Capacity Building Measures; or
  - Engage volunteers in an evidence-based program that results in a National Performance Measure output in health education programming. (Evidence-based, see Appendix C)

# New Provisions Cont'd.

- In Year 1, applicants proposing evidence-based programs may be eligible for a higher level of federal funding per unduplicated volunteer
  - Evidence-based Programs Instructions available (Appendix C)
  - Access at 2016 RSVP Limited Geographical Area NOFO webpage
  - <http://www.nationalservice.gov/build-your-capacity/grants/funding-opportunities/2015/2016-rsvp-limited-geographical-area>

# New Provisions Cont'd.

- There is no guarantee of availability of additional funding to support evidence-based programs
- Final amount to be awarded may be less than amount requested, but will not be higher than amount requested in application
- Applicants should check current *Notice* for maximum amount that can be requested when proposing to implement an evidence-based program

# Abbreviated Instructions from Appendix C

- Applicants will be asked to include these kinds of details and more:
  - Name of evidence-based program
  - Name of federal repository or clearinghouse
  - Details on replication and maintaining fidelity
  - Description of how results of evaluations are applicable to applicant's proposal

# Work Plan: Improved Academic Performance

Objective	Output	Service Activity	Outcome
K-12 success	ED2. Number of students that completed participation in CNCS-supported K-12 education programs.	Tutoring-Public School; Tutoring-Faith-Based School; Tutoring-Other	ED5. Number of students with improved academic performance in literacy and/or math.

# Work Plan: Health Education Programs

Objective	Output	Service Activity	Outcome
Access to Care	H4. Number of clients participating in health education programs.	Training; Coaching; Leading or Assisting Bone Builders; Matter of Balance Chronic Disease Self-Management Program Other ACL Sponsored Prevention Programs	None

# Federal Repositories



U.S. Department of Health and Human Services  
Administration for Community Living

Search:

[Help & Resources](#) [Newsroom](#) [Programs & Activities](#) [Data & Evaluations](#) [Funding Opportunities](#) [About ACL](#)

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## Center for Performance and Evaluation (CPE)

### Office of Performance and Evaluation

#### Aging and Disability Evidence-Based Programs and Practices

The purpose of the Aging and Disability Evidence-Based Programs and Practices (ADEPP) webpage is to help the public learn more about available evidence-based programs and practices in the areas of aging and disability and determine which of these may best meet their needs. ADEPP is one way that ACL is working to improve access to information on evaluated interventions and reduce the lag time between the creation of scientific knowledge and its practical application in the field.

ADEPP is a voluntary process in which intervention developers elect to participate. All interventions on this page have met minimum requirements for review and have been independently assessed and rated for Quality of Research and Readiness for Dissemination.

The ADEPP intervention summaries provide key information about evidence-based interventions that can be readily disseminated and replicated at the community level. ADEPP inclusion does not constitute an ACL endorsement of specific interventions.

The interventions selected for an ADEPP review have already been tested through randomized-controlled trials (RCTs) or quasi-experimental studies, and the results published in peer-reviewed journals. ADEPP consists of a rigorous review process involving two panels of independent expert reviewers. One set of reviewers assess and rate the quality of research; the other reviewers rate the program on readiness for dissemination. The final review summaries provide key information including a description of the intervention, costs associated with the intervention, other citations, and translational work (whenever available).

Currently, there are a limited number of interventions that have completed the review and summary process. Through an on-going ADEPP process, new reports will be completed and posted as they become available on a range of topics, including:

- Caregiver and family support
- Employment

[Office of Policy Analysis and Development](#)

[Office of Performance and Evaluation](#)

[Aging and Disability Evidence-Based Programs and Practices](#)

## ADEPP Intervention Summaries

For each intervention reviewed through the ADEPP process, a report called an intervention summary is published on this web page. Each intervention summary includes: general information about the intervention; a description of the research outcomes reviewed; ratings of the quality of research and readiness for dissemination; a list of studies and materials reviewed; information about the translation of the intervention to additional settings and populations; and, contact information to obtain more information about implementation or research. The long-range vision of this effort is to have hundreds of summaries of evidence-based interventions that serve older adults and people with disabilities available to the public for their consideration and use.

Interventions available to date, include:

- [EnhanceFitness \(PDF, 322KB\)](#)
- [Fit and Strong! \(PDF, 387KB\)](#)
- [HomeMeds \(PDF, 304KB\)](#)
- [Improving Mood—Promoting Access to Collaborative Treatment \(IMPACT\) \(PDF, 411KB\)](#)
- [Programa de Manejo Personal de la Diabetes \(Spanish language version of Diabetes Self-Management Program\) \(PDF, 392KB\)](#)
- [Program of All-Inclusive Care for the Elderly \(PACE\), \(PDF, 381KB\)](#)
- [Program to Encourage Active, Rewarding Lives for Seniors \(PEARLS\), \(PDF, 326KB\)](#)
- [Tai Chi: Moving for Better Balance \(PDF, 303KB\)](#)
- [Tailored Caregiver Assessment and Referral \(TCARE\) \(PDF, 412KB\)](#)
- [Wellness Initiative for Senior Education \(WISE\), \(PDF, 310KB\)](#)

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SITE SUPPORT	POINTS OF INTEREST	PARTNER SITES	STAY CONNECTED
<a href="#">Home</a> <a href="#">Contact Us</a> <a href="#">Privacy Notice</a> <a href="#">Accessibility</a> <a href="#">Viewers &amp; Players</a> <a href="#">Disclaimers</a>	<a href="#">FOIA</a> <a href="#">Plain Writing</a> <a href="#">No Fear Act</a>	<a href="#">The White House</a> <a href="#">HHS</a> <a href="#">Alzheimers.gov</a> <a href="#">LongTermCare.gov</a> <a href="#">Disability.gov</a> <a href="#">USA.gov</a> <a href="#">Grants.gov</a>	<a href="#">Facebook</a> <a href="#">Twitter</a> <a href="#">YouTube</a> <a href="#">E-mail Updates</a>

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<http://www.acl.gov/Programs/CPE/OPE/ADEPP.aspx>

# Application Review



Reviewers will have demonstrated expertise in:

- Developing and implementing evidence-based programs
- Scaling or replicating successful evidence-based programs
- Assessing applications



- Questions?